

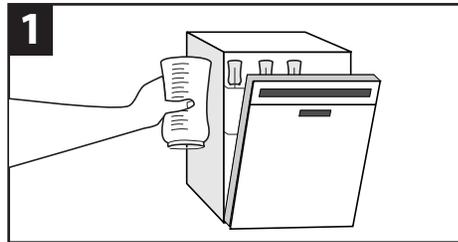
# Mixing Powder Infant Formula

## Before You Begin

- Look at the date on the can. It will say "Best if used by" or "Best by." Do not use formula after this date.
- Clean your work surface and wash the top of the can.
- Wash your hands with soap and warm water.
- Ask your doctor if you need to boil your tap water before mixing formula. Ask about using bottled water.

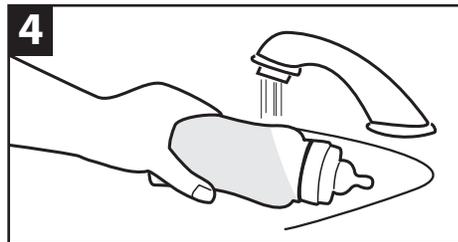
## After You Finish Storing cans of powder formula:

- Make sure the lids of opened cans are put on tightly.
- Store in a cool, dry place. Don't put the can of powder in the refrigerator.
- Use within one month after opening.



### 1 Clean bottles

- Wash all bottles and bottle parts in the dishwasher using a full cycle, **OR** follow these steps:
1. Wash in hot, soapy water. Rinse thoroughly.
  2. Put washed bottle and bottle parts in a pot and cover with water. Bring to a boil and boil for 5 minutes.
  3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.



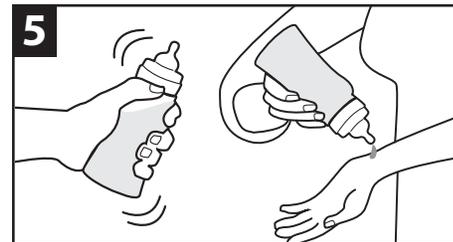
### 4 You don't have to warm the formula

- If you choose to warm the formula:
    - Hold the bottle of formula under warm running water or place it in a bowl of warm (not boiling) water.
- Don't microwave it.** This can cause uneven heating and possibly burn your baby's mouth.



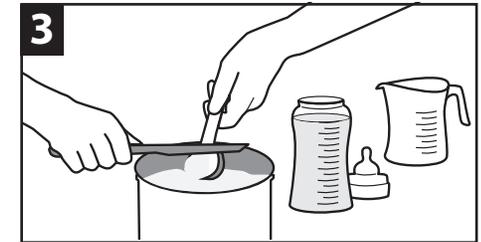
### 2 Follow the directions exactly

- Mix formula as directed on the can.
  - It is important for your baby's health to use the exact amounts of powder formula and water.
- Too little water** will make the formula hard to digest.
- Too much water** will dilute the formula, which means your baby will not get the right amount of calories and nutrients.



### 5 Always shake the bottle well

- Sprinkle a few drops of formula on the inside of your wrist. It should not feel hot.
- Feed your baby right after mixing.
- After a feeding, always throw out any formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.



### 3 Measure carefully

- Use a measuring cup to add cold water to the bottle first. (This is more accurate than using the markings on the bottle to measure the water.)
- Measure the powder using the scoop that comes with the can of formula. Fill the scoop (loosely packed), and scrape off the excess powder with the flat side of a knife.
- Add the powder and shake the bottle gently.



### 6 Refrigerating formula bottles

- Mix just enough for one feeding or, at most, just enough for 24 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use that day.
- Don't leave prepared formula at room temperature. Don't freeze it.

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